

# EXERCISE: Time Reality Check Log

Compare estimated time with actual time to build time awareness

| Day | Task | Estimated time | Actual time |
|-----|------|----------------|-------------|
| Mon |      |                |             |
|     |      |                |             |
|     |      |                |             |
| Tue |      |                |             |
|     |      |                |             |
|     |      |                |             |
| Wed |      |                |             |
|     |      |                |             |
|     |      |                |             |
| Thu |      |                |             |
|     |      |                |             |
|     |      |                |             |
| Fri |      |                |             |
|     |      |                |             |
|     |      |                |             |
| Sat |      |                |             |
|     |      |                |             |
|     |      |                |             |
| Sun |      |                |             |
|     |      |                |             |
|     |      |                |             |

**After one week, reflect:**

- Do I usually underestimate or overestimate time?
- Which tasks am I most inaccurate about?
- What can I adjust next week?

---

Tip: This is data, not judgment.